

# By Myself

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Chris Hodgson (UK)  
音乐: If I Can't (Have You) - Rupee



Start on the word "can't"

## SIDE-ROCK-CROSS, LOCK STEP BACK, MAMBO STEP, STEP-½ TURN-½ TURN

- 1&2      Step right to right side, rock weight onto left, cross step right over left  
3&4      Step back on left, cross right over left, step back on left  
5&6      Step back on right, rock weight forward onto left, step forward on right  
7&8      Step forward on left, pivot ½ turn right, ½ turn right stepping back on left (or coaster step)

## SLIDE BACK TWICE, COASTER STEP, ¼ TURN-SWEEP, CROSS-BACK-CROSS

- 1-2      Slide right back, slide left back  
3&4      Step back on right, step left next to right, step forward on right  
5-6      Step forward on left, ¼ turn left sweeping right around to front (keeping right off floor)  
7&8      Cross step right over left, step back on left, cross step right over left (9 o'clock wall)

## BUMP TWICE, & CROSS-SIDE, BEHIND & SIDE, BUMP TWICE

- 1-2      Step left to left side bumping hips left, bump hips left  
&3-4      Step right slightly back, cross step left over right, step right to right side  
5&6      Step left behind right, rock weight forward onto right, step left to left side  
7-8      Step right to right side bumping hips right, bump hips right

## & CROSS-¼ TURN, ½ TURN TRIPLE, ROCK STEP ¼ TURN, CROSS-POINT

- &1-2      Step left slightly back, cross step right over left, step back on left making ¼ turn right  
3&4      Triple ½ turn right stepping on right-left-right  
5&6      Step forward on left, rock weight back onto right, ¼ turn left stepping left to left side  
7-8      Cross step right over left, point left toe to left side (3:00 wall)

## CROSS-¼ TURN, LOCK STEP FORWARD, STEP-½ TURN, SIDE ROCK & TOUCH

- 1-2      Cross step left over right, step back on right making ¼ turn left  
3&4      Step forward on left, lock right behind left, step forward on left  
5-6      Step forward on right, pivot ½ turn left  
7&8      Step right to right side, rock weight onto left, touch right toe next to left (6:00 wall)

## LOCK STEP FORWARD, MAMBO STEP, LOCK STEP BACK, MAMBO STEP

- 1&2      Step forward on right, lock left behind right, step forward on right  
3&4      Step forward on left, rock weight back onto right, step back on left  
5&6      Step back on right, lock left over in front of right, step back on right  
7&8      Step back on left, rock weight forward onto right, step forward on left

## STEP-¼ TURN, POINTS, CROSS SHUFFLE, SIDE-ROCK-CROSS

- 1-2      Step forward on right, pivot ¼ turn left  
3-4      Point right toe over and across left, point right toe to right side (or flick to side)  
5&6      Cross step right over left, small step left to left side, cross step right over left  
7&8      Step left to left side, rock weight onto right, cross step left over right (3:00 wall)

## SIDE-SLIDE, & CROSS-SIDE, ¼ TURNING COASTER STEP, LOCK STEP FORWARD

- 1-2      Step right to right side, slide left to touch next to right  
&3-4      Step left slightly back, cross step right over left, step left to left side

5&6

¼ turn right stepping back on right, step left next to right, step forward on right

7&8

Step forward on left, lock right behind left, step forward on left

**REPEAT**

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